



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

[For a listing of our regular weekly programs, please click HERE. Print this email.](#)



Our entire organization joins together to send you Season's Greetings with every good wish for the new year.

There is a no time more fitting to thank each of you for your support this year and your contribution to making this an incredible year of growth and momentum here at the Southwest Edmonton Seniors Association.

SWESA Holiday Hours:

YECC – Closed December 23 and reopening January 3

TCRC – Closed December 14 and reopening January 9

Mindful Resolutions for 2017 - Gadadhara Pandit Dasa

1. Be open and ACCEPT the differences of others.
2. Learn to regulate your EMOTIONS and don't let anger get the best of you.
3. RECONCILE with a family member, friend, and colleague.
4. Be compassionate when giving feedback to others and balance it with twice as much APPRECIATION.
5. Rejoice upon seeing the SUCCESS of others.
6. Understand that your MIND can be your best friend or your worst enemy.
7. Develop a daily MEDITATION practice, even if it's only five minutes a day.
8. Regularly reflect on and express GRATITUDE for the wonderful things that are happening in your life.
9. See obstacles and setbacks as OPPORTUNITIES to learn more about yourself and grow.
10. Stop blaming others around you for things that aren't going right. Take a DEEPER look at yourself.

December 26-30, 2016

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca

Stay Connected:

From Dec. 24, 2016 through Jan. 2, 2017, programs and resources that affect the health, safety and security of Albertans will be available 24 hours a day, seven days a week. Non-urgent government operations will be closed during this time. Regular service will resume Jan. 3, 2017.

- **Mental Health Help Line** 1-877-303-2642
- **Income Support Contact Centre** 780-644-5135
- **Family Violence Info Line** 310-1818
- **Bullying Helpline** 1-888-456-2323
- **Child Abuse Hotline** 1-800-387-KIDS (5437)



North West Edmonton Seniors Society presents a New Year's lunch and dance with entertainment provided by The Jammers. Come and enjoy a wonderful afternoon.

Date: December 30 - doors open at 11:30 am, lunch at 12:30 pm, and dance at 1:30 pm

Location: 12963 120 Street

Cost: \$20 Purchase tickets by December 23. Please call 780-451-1925 for more information.

Strathcona Place 55+ Centre presents a Robbie Burns Day celebration with Old Strathcona Bagpipes & Drums and Scottish dance entertainment

Roast beef dinner with haggis, mashed potatoes, gravy, vegetables and salad, and sticky toffee pudding with whipped fresh cream - A vegetarian option is available.

Date: January 11 - doors open at 4:30 pm, celebration at 5:00 pm

Location: 10831 University Avenue

Cost: \$15 Purchase tickets at centre. Please call 780-433-5807 for more details.

Volunteering:

Please contact programs@swedmontonseniors.ca **or 587-987-3200 to volunteer.**

Contract Bridge Instructors: This fall, a small (but mighty) group of folks got together to practice and learn the game of contract bridge. These folks have varying levels of experience but would all benefit from some formal instruction. If you are an avid bridge player with an hour or so available on Wednesday afternoons (from 12:30 pm – 2:30 pm) to give back to your local community, please contact the program coordinator.

Volunteer receptionists: If you are outgoing, friendly and well-organized, please contact the program coordinator for more information regarding the role and responsibilities of this position.

Document formatter: SWESA is looking for assistance with the annual report. It is four pages in length, and all the content will be written by SWESA board members. We need a helper to add pictures, charts and/or graphs and provide the final polish on the report. If you are not a whiz at these computer skills, perhaps your children or grandchildren might be (those young ones tend to go circles around us). Please contact Ellen at communications@swedmontonseniors.ca for more information.